

## What is Alase™ Hair Removal?

Alase™ is the DC area's leading hair removal treatment process and is available exclusively at Reveal MedSpa™. Alase utilizes the most comfortable laser- and light-based technologies available to ensure the best treatment experience while maximizing results. Because everyone's physiology is different, Alase™ is customized for your unique skin, hair color and texture.

## How does it work?

The laser light targets the hair follicle pigment at the correct stage of hair growth and disables the hair shaft and root, causing subsequent regrowth to be finer and lighter. Because hair growth occurs in three stages, Alase™ Hair Removal treatments are scheduled six to twelve weeks apart, so that hair can be effectively targeted during each growth cycle, ultimately resulting in permanent hair reduction. As effective laser- and light-based hair removal depends on the presence of melanin in the hair, blonde, white, gray, and most shades of red hair are generally not susceptible to treatment.

## What can I expect during my treatment?

During the treatment, your Reveal™ Clinician will press a hand-held light- or laser-based instrument to your skin. When the Clinician activates the light, it will pass through your skin's surface to the hair follicles where hair growth originates. The intense heat damages the hair follicle, which inhibits hair growth. It takes several treatments to provide an extended hair-free period.

## How many treatments will I need?

Most people require six to ten treatments for good results, because even though all hair is temporarily disabled during each treatment, not all hair is destroyed. A series of treatments is necessary to allow results to accumulate. Those with the biggest contrast between skin and hair (i.e. fair skin with dark hair) will generally need fewer treatments than those with dark skin and dark hair.

## What areas can be treated?

Any area where there is excess hair, except adjacent to the eye. The most common areas requested are the face, upper lip, neck, chest, underarms, back, abdomen, bikini line and legs.

## Does Alase™ Hair Removal work for everyone?

You may have heard that laser- and light-based hair removal will only work for people with light skin and dark hair, but thanks to Reveal's laser technology, this is no longer the case. Alase™ is effective on all skin types including dark-skinned patients of all ethnic origins. The only hair we are unable to target is white, blond, red or grey hair. This is because the laser selectively targets melanin, the substance that provides pigmentation to hair. Blond, red, grey and white hair does not contain enough pigment for the laser to target and therefore we can not disable the follicle. Your Reveal™ Clinician will customize the most effective treatment program based on your unique skin tone, hair color and texture.

## How will it feel?

Alase™ uses the most comfortable technologies available, however it is not without sensation. During treatment, you will feel the heat energy as the laser light is applied to each area. Because everyone's physiology is different, some people will require energy levels that create higher levels of sensation to maximize their results. Treatment does not require a topical anesthetic.

## Is it permanent?

Yes. However, it normally takes at least six treatments to remove most of the hair in any one area. Laser- and light-based hair removal only works on follicles that are in the active growth (anagen) phase. At any given time, only a portion of the hair in an area will be actively growing. The rest of the hair is in a dormant, telogen phase and therefore can not be targeted by the laser. Your Alase™ treatments will be scheduled weeks apart so that different hairs can be targeted while in their most susceptible growth phase. Sticking to your treatment cycle will be important in maximizing the results of each treatment.

## What do I need to do to prepare for treatment?

You must wear a sunblock with an SPF of 30 or higher and avoid all sun exposure for at least two weeks prior to your treatment. We are unable to treat anyone who has sun-bathed, used a tanning bed or applied a sunless tanner within two weeks of treatment. Additionally, tanning post-treatment increases your risk for burns and blistering because of the skin's sensitivity. Between treatments, you should only shave to remove hair—waxing and tweezing remove the hair at the root, which can hinder the hair growth cycle and the laser's ability to target the follicle. Also avoid bleaching hair since the laser cannot target light hair.

## Are there any side effects?

As long as you limit your exposure to sunlight immediately before and after treatment, side effects other than the brief redness and sensitivity mentioned above are rare.

## What will I experience post-treatment?

After the treatment, you may have redness or bumps. This is normal and you may use a cold compress if needed. It's a good idea to apply cool, alcohol-free aloe vera gel and a gentle moisturizer to hydrate the skin. Make sure to use SPF 30 sunblock after your treatment. Between treatments, you should only shave to remove hair (as discussed above). For some individuals, hair will shed up to a month after treatment. It may seem like new hair growth, but it is just the hair coming out. You can help the hairs out by using a loofah or washcloth.

